

Halifax metro

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Your essential daily news | TUESDAY, MAY 30, 2017

High 11°C/Low 4°C Partly cloudy



GET OUT AND VOTE

It's decision day in Nova Scotia — help shape the future of the province
metroNEWS

WHEN AND WHERE TO VOTE

Voting stations are open from 8 a.m. to 8 p.m. Cast your ballot at your polling station, which you can find on your Voter Information Card, by checking electionsnovascotia.ca, or calling 1-800-565-1504. Or vote at the returning office in your district from 9 a.m.-6 p.m.

WHAT YOU NEED TO BRING

One piece of photo ID with your current address or two pieces of ID like a health card, bank statement, or passport, including one that has your current address. Both hard copy and/or electronic documents are acceptable.

DID YOU KNOW?

Employers are legally obligated to give their employees three consecutive hours to vote while polls are open on election day.

TEXTING AND DRIVING

'Unique' charges in fatal crash



Haley Ryan
Metro | Halifax

Police in Nova Scotia have laid a "unique" set of charges against a man accused of killing a pedestrian while texting and driving.

On March 11, RCMP say a 54-year-old man died after being struck by a car on Highway 125 near Exit 8 in Mira Road, Cape Breton, as he was flagging passing motorists for help.

The suspect vehicle failed to stop, a release said at the time, and the victim was taken to Cape Breton Regional Hospital where he was later pronounced dead.

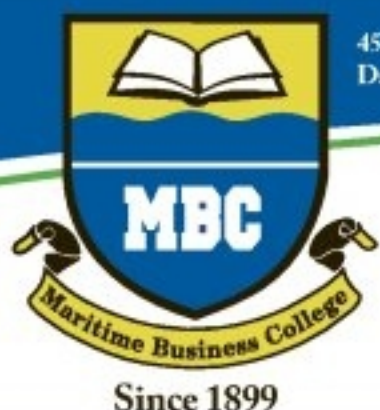
"That's the first time I've seen that," Cpl. Jennifer Clarke, Nova Scotia RCMP spokeswoman said on Monday. "It doesn't mean it's never been laid before, but let's just say it's unique."

After an investigation, RCMP's Cape Breton Traffic Services announced on Monday they had charged a 26-year-old Sydney man in the case.

Thomas Joseph Smith is facing the following charges: failure to stop at the scene of a fatal collision, dangerous operation of a motor vehicle causing death, criminal negligence causing death (text messaging while operating motor vehicle), and operating a motor vehicle while disqualified.

Smith appeared in Sydney provincial court Monday, and the matter was adjourned until Thursday.

The RCMP said two more people were arrested and then released on conditions related to being an accessory after the fact. More arrests could come later this week, police said.



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10 THINGS TO KNOW ABOUT THE ELECTION

From claims of fear-mongering to online blunders — here are some important takeaways from the election campaign. **THE CANADIAN PRESS** PHOTOS: NICK HUBLEY/FOR METRO

1 McNeil took off the gloves in the final stretch of the campaign

For the most of the election, Stephen McNeil brushed off his opponents' criticisms with policy-based rejoinders, but as the race has appeared to tighten, the Liberal leader has gone after Jamie Baillie for political "fear-mongering" and trying to paper over a "\$500-million hole" in the Tory platform — a claim a PC party spokesperson has dismissed as baseless.

2 Liberals have positioned themselves as the party of sustainable economic growth

The Liberal platform includes more than \$1 billion in spending commitments and tax cuts over four years, along with promises to do more for vulnerable Nova Scotians.

3 The Tories have vowed to keep province in the black with an "optimistic," pro-growth agenda

The Progressive Conservatives have put forward a bullish plan to spur economic growth through millions in spending commitments without returning to deficit, according to the party.

4 Messy labour disputes could haunt the Liberals

Long-simmering tensions between the McNeil government and Nova Scotia's 9,000 public school educators ended with an imposed agreement. The Liberals have since made strides to address teachers' classroom concerns, but the party's popularity appeared to take a hit even before the campaign began. Labour advocates still have a watchful eye on the government's unproclaimed Bill 148, with its power to impose settlements and restrict arbitrated settlements.

5 The Tory leader frames the election as a "referendum" on Premier Stephen McNeil

Baillie has pitched himself as a sunny alternative to the incumbent premier, but that hasn't kept him from dragging McNeil's name through the mud. The PCs issue a daily blast of anti-Liberal talking points, and Baillie has cast himself as a cure to four years of "mean-spirited" governance.



NDP Leader
Gary Burrill



Premier
Stephen McNeil
of the Liberals



PC Leader
Jamie Baillie

6 Polls forecast a Liberal advantage, but no sure thing

Most polls have showed the incumbent Liberals in the lead throughout the race, but the Tories appeared to be closing the gap as the clock ticked towards Tuesday's election. A Mainstreet/iPolitics poll released on Monday suggested a spike in the number of undecided voters and volatility in seat projections that could mean that an array of electoral outcomes — from a second Liberal majority to a Progressive Conservative government — are possible.

7 NDP is angling for a political comeback

The New Democrats have a steep hill to climb for the party to reassert itself as a major player in Nova Scotia. It suffered a humiliating defeat in the 2013 provincial election, falling from a 33-seat majority to third place. On the plus side, being in last place has made them less of a target for the other parties this time. Gary Burrill hopes to win his own competitive race in Halifax-Chebucto, having won the leadership last year without a seat.

8 Candidates of all stripes were haunted by their online past

Each of the three major parties lost a candidate due to online posts. The Tories turfed their Dartmouth South candidate because of off-colour social media posts including a joke about date rape, while the NDP candidate in Dartmouth East was forced to withdraw over sexist and homophobic content on a website he hosted. The Liberal candidate for Pictou East was also ejected for mocking people with mental disabilities on Twitter.

9 The New Democrats have promised new spending at the expense of balanced books

Burrill has pledged to make community college free; make day care more accessible; boost social assistance benefits; and spend \$120 million over four years for new doctors and primary care givers. The cost: Deficits totalling \$966 million over four years.

10 The No. 1 ballot box question is health care — or so the Tories and NDP hope

The Tories and NDP have laid the province's health-care deficiencies — including doctor shortages, emergency room closures and lack of mental health services — at McNeil's feet. The premier says the system has improved during his term, but has been dogged by an unfulfilled 2013 campaign pledge to ensure all Nova Scotians have access to primary care.



From left: Mentor John Aruagha-Ndukwe, students Kareem El-Beshbeeshy, Om Agarwal and Umar Timbo, and student mentor Samuel Okoroafor. They're part of Oxford School's FIRST Lego League zteam, one of three Canadian teams heading to Washington, D.C. next month as finalists for the FIRST Global Innovation Award. ZANE WOODFORD/METRO

These Halifax kids have a 'wild' idea

ANIMALS

Teens designed solution to help Sable Island's native horses



Yvette d'Entremont
Metro | Halifax

A group of students from Oxford Junior High are heading to Washington, D.C. next month as finalists in a global robotics competition.

The team is among 20 international finalists, and one of only three from Canada, chosen to attend the seventh annual FIRST Global Innovation Award Ceremony in Washington from June 18 to June 20.

The Grades 7 to 9 students designed a solution to help solve the problem of the wildness of Sable Island's horses being

compromised by interaction with humans and their buildings on the island.

"What I found the most (challenging and interesting) was building the prototype that actually does this thing in real time," explained Grade 9 student and team member Om Agarwal.

"We used basically micro controllers and infrared and ultrasonic sensors that collect data of animals that are in a close range that we've set for them to be detected. Once they are, there is a speaker module that emits a sound that is intolerable for the horses so it basically acts as a deterrent."

The students started working on the project in October. The team, officially called Imhotep's Legacy Academy's FIRST Lego League (FLL) team, Legos R Us, is part of an initiative between Dalhousie University and several community partners.

"The idea is to increase the participation of African Nova

Scotian students, students of African descent, in (fields of) science, technology, engineering and mathematics," said FLL coach and program manager John Aruagha-Ndukwe.

Although he initially expected to start preparing the team for competitions next year, the group's mentor Samuel Okoroafor was amazed by the amount of work the students put in as they won awards leading up to the competition in June.

Okoroafor is a third year electrical engineering student at Dalhousie University. He's 17, so closer in age to the students than most mentors.

"To be able to go this far is overwhelming," he said.

The students are now working on raising the remaining funds needed to get them all to Washington. As of Monday afternoon they'd secured almost \$8,500 of their \$16,000 goal via their online funding page.

vibrant downtown."

Fencing and hoarding installation will begin in Thursday's early morning hours, kicking off the roughly 17-week closure of traffic on Argyle Street between both Blowers and Sackville streets, and Sackville and Prince streets, and Grafton Street between Prince and Carmichael streets.

Vehicle access to parking garages and Avis Rent a Car will remain open, HRM said.

Pedestrian access to "every

END DATE

The project has a targeted end date of late September.

doorway" in the project area will be maintained, and businesses will remain open during construction.

A map of the construction area, loading zones and nearby parking can be found at halifax.ca/argyleandgrafton.

MURDER TRIAL

Expert can't confirm if Sandeson's gun fired bullet found in his home



Zane Woodford
Metro | Halifax

William Sandeson's handgun was capable of firing, but a firearms expert who testified at his first-degree murder trial Monday couldn't say for sure whether a bullet found in his window casing was fired from that gun.

RCMP firearms expert Laura Knowles took the stand by video link from Ottawa in Nova Scotia Supreme Court on Monday, qualified as the trial's third expert witness.

Knowles told the jury she tested Sandeson's Smith and Wesson 9mm handgun and a bullet recovered from Sandeson's kitchen window casing.

She found the handgun was capable of discharge, and that it wasn't capable of a "shock discharge" without someone pulling the trigger, which was found to have a normal trigger weight.

Knowles testified she fired three rounds of out the handgun at the RCMP's range. She then used a microscope to compare those three to the spent



Photos entered into evidence in William Sandeson's first-degree murder trial. NOVA SCOTIA SUPREME COURT

bullet, looking for individual characteristics from the gun — unique markings that would determine a bullet was fired from Sandeson's gun and not another.

But because the bullet police recovered from the window casing at 1210 Henry St. was so damaged, Knowles testified she could only observe one individual characteristic on the bullet, which isn't enough to identify or eliminate it as being fired from that gun.

A DNA expert testified last week that swabs from that bullet, and Sandeson's handgun contained Taylor Samson's DNA.

Sandeson, 24, is accused of killing Samson, 22, on Aug. 15, 2015. Samson's body was never found.

After Knowles' testimony on Monday, Justice Josh Arnold excused the jury until June 5 at 2 p.m. In the meantime, Arnold said he and the lawyers had some legal issues to work out.



Halifax DIGEST

Canada Border Services Agency intercepted 19 stolen vehicles at port
Nineteen stolen vehicles worth a total of \$650,000 were intercepted by the Canada Border Services Agency (CBSA) at the Port of Halifax last month.

In a media release, the agency said on April 11, their officers searched three containers destined for export. After running checks on the vehicles within the containers, they determined four vehicles were stolen.

On April 20, CBSA officers examined two more export containers. During the search, they found four stolen vehicles. The next day, another container was found to hold six stolen vehicles. METRO

Search on for break-and-enter suspects

Police are looking for two men accused of breaking into a Cape Breton home and threatening an elderly woman and her daughter with a weapon.

They say the two men entered the home on Peppett Street in North Sydney at about 9:45 p.m. Sunday.

They say a 74-year-old woman and her 34-year-daughter were in the home at the time and that one of the men allegedly confronted them with a weapon.

Police didn't indicate the type of weapon, but say no one suffered any serious injuries.

They say the men fled on foot and that a canine unit was called in to help with the investigation. THE CANADIAN PRESS

CONSTRUCTION

Streetscaping project to result in downtown road closures



Haley Ryan
Metro | Halifax

Drivers might have to change their regular routes as construction begins on two downtown Halifax streets this week.

Sections of Argyle and Grafton streets will be closed to vehicle traffic starting Thursday, according to a HRM release, as part of a streetscaping project to help evolve the urban core into a "more people-focused and

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Working toward apology

VATICAN CITY

Pope Francis, PM Trudeau meet to discuss reconciliation

Canadians are anxious to reconcile with Indigenous Peoples, Justin Trudeau described telling Pope Francis on Monday as he asked the pontiff to apologize for the role the Catholic Church played in the tragedy of residential schools.

The Pope — himself no stranger to the cause of social justice, he noted to Trudeau — seemed open to the idea, the prime minister said as he related the broad strokes of their private conversation at the Vatican.

"He reminded me that his entire life has been dedicated to supporting marginalized people in the world," Trudeau said after he arrived back in Rome.

Pope Francis also expressed his enthusiasm for working with the prime minister and the Canadian bishops on finding a way forward on the issue of an apology, as recommended by the Truth and Reconciliation Commission.



PM Justin Trudeau meets with Pope Francis for a private audience at the Vatican. THE CANADIAN PRESS

The commission included the demand for a papal apology — to survivors, their families and communities — as one of the 94 recommendations in its report on the dark 120-year history and tragic legacy of residential schools.

Trudeau, who has promised to act on each recommendation, had previously committed to speaking to the Pope about an apology, but pointed out he could not compel the pontiff to agree.

On Monday, Trudeau said he invited the Pope to visit Canada

in the coming years, and thanked him for the global leadership he has shown on climate change.

"We talked about how important it is to both highlight the scientific basis of protecting our planet, with the moral and ethical obligation to lead and to build a better future for all people on this Earth," he said.

"I also had an opportunity to have a deeply personal and wide-ranging, thoughtful conversation with the leader of my own faith," Trudeau said. THE CANADIAN PRESS

Reactions

1 Edmonton — Fernie Marty, an elder living in Edmonton with roots in the Elizabeth Métis Settlement, says an apology from Pope Francis to residential school survivors would go a long way towards reconciliation and might help both younger and older generations reconnect to the faith.

2 Calgary — Jason Goodstriker, who sits on the Aboriginal Friendship Centre of Calgary's board of directors, says the ask should really come from First Nations leaders. He also thinks a leader who attended a residential school should make the request.

3 Winnipeg — Clayton Thomas-Muller, an Indigenous activist with 350.org, said: "For Justin Trudeau to speak on our behalf ... continues to breathe life into the ongoing historical record of the patriarchy of the Canadian state." Thomas-Muller said that the prime minister should have had representatives, including survivors of residential schools, on the trip. METRO

SRI LANKA

Over 160 killed, thousands displaced after mudslides

A group of Sri Lankan soldiers carried a body wrapped in a tarpaulin to police for identification, while others dug Monday through piles of mud, unearthing a motorbike, pieces of furniture and clothes, the only signs of 15 homes that stood on Kiribathgala Hill just a few days ago.

Helicopters searched elsewhere for people still marooned after rain-triggered floods and mudslides inundated villages last Thursday, killing at least 169 people and leaving 102 others missing, officials say.

The rains caused part of Kiribathgala Hill to come crashing

down, burying the 15 homes and their 26 inhabitants under huge rocks, mud and fallen coconut trees, village officer Udari Erabedda said. Soldiers have recovered 12 bodies, including those of two women and a child dug out on Monday. The others remain missing.

The hill in Sri Lanka's Ratnapura district, known for gems and precious stones, is 120 kilometres (75 miles) southeast of the capital, Colombo. Most residents make their living by tending small plots of tea or spices, or by working in nearby gem mines.

THE ASSOCIATED PRESS

Police seek suitcase for clues

Police in Manchester, England issued a picture of the arena suicide bomber holding a blue suitcase and asked anyone who might have seen him with it before the attack to call a confidential hotline.

Counter-terrorism squads are trying to re-create Salman Abedi's movements in the days before he detonated a bomb at an Ariana Grande concert in Manchester, killing 22 people. Police believe Abedi had the wheeled suitcase

with him at two locations in Manchester. Police said the suitcase does not pose a threat to public safety. THE ASSOCIATED PRESS



The type of case that Salman Abedi was seen to be carrying. AP

ELECTION

B.C.'s NDP strikes deal with Greens



Matt Kielytyka
Metro | Vancouver

Green Party leader Andrew Weaver said he saw a different side of NDP leader John Horgan during negotiations since the province's historic election on May 9.

Both intend to see a different side of the Legislature soon, swapping their opposition seats for the other side of the floor to form a minority government.

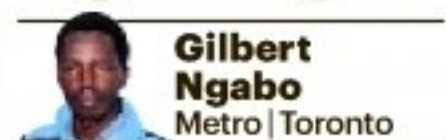
The two parties have announced they've struck a four-year "confidence and supply agreement" to form B.C.'s next government, one that will end the Liberals' 16-year reign over the province. The NDP's 41 seats and the Greens' three would represent a majority of votes in the Legislature, more than the Liberals' 43.

Weaver has been negotiating with both parties since election night and said he was willing to work with both as long as they met certain Green conditions — such as banning union and corporate donations in politics and moving toward a proportional representation electoral system.

The terms of agreement between the NDP and Greens won't be released until Tuesday.

metro EFFECT

Canada steps up in fight against famine



Gilbert Ngabo
Metro | Toronto

The Canadian government is stepping up its efforts to counter the threat of famine.

International Development minister Marie-Claude Bibeau announced Monday the launch of the Famine Relief Fund, an effort that will match donations made to registered Canadian charities for the same cause between March 17 and June 30 this year.

The commitment comes two months after Metro launched the Focus On Famine series, highlighting the growing hunger and famine in East Africa and the Middle East, and chronicling efforts of local immigrants to bring relief to desperate families.

The United Nations has already declared famine in some parts of South Sudan, while warning that millions of people in Somalia, Yemen and Nigeria are suffering from hunger and severe malnutrition. About 20 million people in the four countries are at risk, while drought and instability in surrounding countries such as Kenya and Ethiopia add weight to the crisis.

Canada has already committed

+ CHARITIES

Charities to donate to for the matching funds:

■ Action Against Hunger, Adventist Development and Relief Agency Canada, Canadian Foodgrains Bank, Canadian Lutheran World Relief, Canadian Red Cross, CARE Canada, Islamic Relief Canada, Oxfam Canada, Plan International Canada, Samaritan's Purse Canada, Save the Children Canada, SOS Children's Village, UNICEF Canada, World Relief Canada, World Vision Canada.

nearly \$120 million towards the \$4.4 billion US required to avert the catastrophe.

"This relief fund is needed now more than ever," wrote UNICEF Canada chief program officer Meg French in a statement. Jamie McIntosh, World Vision Canada's VP of programs and policy, said there's still an alarming funding gap but government efforts such as the new relief fund bring much-needed hope.

"There's still an opportunity to pull millions of people back from the brink of starvation," he said.



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BLUEPRINT by Haley Ryan and Andrés Plana/Metro

Digging in downtown

Urban food forests are popping up in cities — places where people often don't live close to affordable, healthy food shops, let alone farmland. The situation is even worse in poorer neighbourhoods, a phenomenon known as food deserts. It's an international trend many are trying to reverse by planting gardens in empty lots, former landfills, even on barges to give urban dwellers a taste of the homegrown. **Here are some ways cities are putting down roots.**



1 Making an agrihood:

In Detroit, The Michigan Urban Farming Initiative is turning derelict buildings into an urban "agrihood," an alternative growth model that puts local food at the middle of development. The food forest is spread over vacant land, occupied and abandoned homes, and provides free produce to about 2,000 households.

FACEBOOK/THE MICHIGAN URBAN FARMING INITIATIVE

2 Guerilla gardening:

In South Central L.A., gardener Ron Finley came out victorious in a showdown with a developer who wanted to seize the land he uses as a community garden. Big names like Bette Midler helped fund the \$550,000 the developer demanded, especially after Finley's rousing TED Talk on guerilla gardening in empty lots. His pitch: "Growing your own food is like printing your own money." GETTY IMAGES



3 A floating forest:

The Swale project is a forest open to foragers atop an old barge that travels to piers around New York City promoting public food. Visitors can harvest herbs, fruits and vegetables for free. The artist behind the project hopes more of the city's parkland can be converted into usable food-growing territory. INSTAGRAM/MARY MATTINGLY



5 Get on the vine:

San Francisco has taken a love of wine to the grassroots with the Neighborhood Vineyards project. Through the hillside nooks and crannies of Alemany Farms, 349 Pinot Noir vines thrive. The group provides education about viticulture, while of course bottling and selling their own wine. NEIGHBOURHOODVINEYARDS.ORG

4 Trees from trash:

The CERES Community Environment Park in Melbourne, Australia is built on a decommissioned landfill that was once a bluestone quarry. They now use solar energy to power a cafe and workshop space, while the farm yields hundreds of pounds of vegetables a year, plus a bush food nursery. FACEBOOK/CERES



PUBLIC WORKS

The week in urbanism



GIRL GROWERS

B.C. has the highest proportion of female farmers in the country, according to census of agriculture data released earlier this month. Although the total number of farmers is declining, urban farms are credited by some with balancing out a gender gap in the, ahem, field.

CHOO-CHOO RE-DO

What to do with an old railway facility? In Tillburg, The Netherlands, a former hangar and maintenance facility will be transformed into a mixed-use library. It will include a music hall, galleries, work space and a restaurant.

CITY CHAMP Metro's city builder of the week



Jen Fischer is a certified Organic Masters Gardener and a graduate student at the University of British Columbia studying the intersections of urban nature, environmental sustainability and social innovation.

@JenLFisch

URBAN DICTIONARY



DEFINITION

A popular urban planning movement for much of the 20th century, the utopian **garden cities** idea promoted suburban living surrounded by agriculture.

USE IT IN A SENTENCE

Although it was built on lofty ideals, the **garden city** gave way to sprawl, urban highways, and bad planning decisions.

WORD ON THE STREET by Aaron Chatha/Metro

Putting the public back in public art can help cities grow



The public in public art needs more attention, says consultant Ciara McKeown.

McKeown, with partner Brandon Vickerd, recently held a symposium at York University about the role of public art in Canadian cities.

She found many of the big conversations weren't around the art itself. The biggest issues were time, relationships and vision.

Talk to people

In cities with strong public art scenes, few pieces are dubbed controversial

because the public is engaged in the process.

A big problem, according to McKeown, is when a piece is commissioned and — poof — overnight there's suddenly a sculpture in the middle of the city, with no conversation around it.

Looking forward in public art, she thinks artists need to be given more time to learn about a space, talk to the people in the community and learn its history. The public has to be part of the process — especially, she

said, as there are often concerns when taxpayer dollars are being used to fund the art.

Have a plan

McKeown pointed to Vancouver or Waterfront Toronto as good examples of public art done right.

Instead of looking at public art on a case-by-case basis, the cities that are propelling it forward have cohesive vision, and often plan funding across multiple projects.

There's no standard pro-

cess, but McKeown feels it helps when cities and organizations are able to shift, respond to new opportunities, and keep things feeling like part of a vision.

The worth of public art

Artists aren't just building this thing to fill a space. They're part of a conversation about what cities look like in the future, and where people in them belong.

McKeown believes public art asks vital questions about a city, and where or how it will grow.

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- **We will help more seniors stay in their homes** by providing financial assistance to caregivers with \$400 per month.
- **We will cut income taxes** for 500,000 middle income Nova Scotians and those who need it most.
- **We will increase access to care and cut wait lists** with more doctors, new collaborative care teams and expanded services at the Halifax Infirmary and other health care facilities.

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STEPHEN MCNEIL,
LIBERAL LEADER




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PLAID FOR DAD metro focus on prostate cancer

“Your whole world is put off-kilter

“It’s incredibly scary. Your whole world is put off-kilter. It’s scary, it’s like a roller-coaster ride because you want the very best possible of all outcomes ... Fortunately, mine is a story with a happy ending. I’m a facilitator of a support group for women and caregivers on a journey with their husbands, and I see so many other outcomes. And I consider myself to be just so incredibly fortunate, because all of those incredibly scary and life-altering changes that come when you are in a more advanced state of prostate cancer — I did not have to experience those with my family.”

Kelly Fedorowich, 50, lives in Calgary. Her husband is a prostate cancer survivor.

AS TOLD TO TAMAR HARRIS, FOR METRO CANADA

4,000

In 2016, an estimated 4,000 men died from prostate cancer.
SOURCE: PROSTATE CANCER CANADA, 2016



PROSTATE CANCER CANADA

June 16 is **Plaid for Dad Day** in Canada. Each Tuesday leading up to Father’s Day, Metro will feature the story of someone whose life has been affected by prostate cancer. For more information on the campaign, or to register, visit plaidfordad.ca.

WORLD OF DANCE

Canadian duo eyes \$1M prize

After many late nights spent flipping and twirling in a Toronto studio, two dancers have landed a shot to make it big.

The team of Jenalyn Saraza-Pacheco, 16, and Luka Milacic-Perusina, 20, is the sole Canadian contender among 47 acts with eyes set on a \$1-million prize awarded to whoever wins World of Dance, a 10-episode competition premiering Tuesday on CTV and NBC at 10 p.m.

The hopefuls were picked from thousands who auditioned from around the U.S. and internationally. Earlier this year, the locally based cabaret ballroom duo had to quietly slip out of town for show tapings, initially not allowed to tell anyone (not even their teachers) where they were going or what they were doing.

“It is awkward because you can’t give out too much information,” Milacic-Perusina said. “I had to be like ‘listen, I’m not



Jenalyn Saraza-Pacheco and Luka Milacic-Perusina
COLE BURSTON/FOR TORSTAR NEWS SERVICE

going to Cuba — I’m actually going to do something, I just can’t tell you what it is.”

Now that posters hyping the series — which bills itself as “the biggest dance competi-

tion in the world” — have appeared on Toronto bus shelters, the news is beginning to sink in for the dancers and their friends at home.

“We were in some of the promos on TV, and some people noticed us and were like ‘Hey! That’s you guys!’” said Saraza-Pacheco, who is in Grade 11. “It’s pretty cool.”

The specialty of Luka & Jenalyn, as they call themselves on stage, is their spin on cabaret ballroom: a variety of extremely acrobatic styles forged into a routine featuring lots of throws and lifts that, understandably, make their parents gasp.

The duo’s efforts will be judged by a panel including American pro ballroom dancer Derek Hough, R&B musician Ne-Yo, and show producer Jennifer Lopez herself. American dancer and actress Jenna Dewan Tatum is the host. TORSTAR NEWS SERVICE

Mir

Domestic Medium Hair

Mir is a big cat who happens to be overweight at this time. She is an expressive girl with a lot of personality. You may be treated to a big instant purr as soon as you go to see her. She loves to receive cuddles, especially around her face and head. She may express her playfulness with a little bite, so she should not go to a home with small children. She also needs to be the only pet in the household, and she is ready to be the centre of attention. She is estimated to be seven years old and her adoption fee has been reduced.



For more information on **Mir** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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We wish to thank everyone interested in joining the Metro team — All submissions will be treated as private & confidential

metro

KEYBOARD *confessional*

Why we tell Google our innermost thoughts and feelings — and that may be a problem for researchers

Genna Buck
Metro | Toronto



Humans are a dishonest species. We're not honest with our bosses, our friends, our family, our intimate partners, or with researchers who phone us for a survey.

But there's one situation when we don't lie. We don't lie to Google. The search engine is simultaneously our therapist, our confessional and our most trusted friend. Data scientist and economist Seth Stephens-Davidowitz, formerly of Google, has pored over the unfathomably large body of data concerning when, where and what people search on Google around the world. In his book *Everybody Lies*, he reports insights about what people are really thinking and feeling. He's learned Google users are kinkier than they admit, and more racist too, but most of all, people are desperately anxious and want to know they're not alone.

You were laughed out of academic journals with this idea. Now everybody's interested. What happened?

I was a graduate student in economics, and I became obsessed with all you can learn from what people search, particularly things people wouldn't otherwise admit. People lie to surveys, but they tend to be really, really honest on Google. I was considered very strange. I couldn't get the work published. I couldn't get an academic job. I was looking for other ways to get the work out there, and now I've written this book.

Did you learn anything profound about human nature? I think anxiety and insecurity is probably more widespread than we usually think. That would be a big takeaway. But I think also just people are complicated. The traditional methods of data collection have given us a very limited view of the human psyche.

Do you have a favourite finding?

Men make as many searches looking for how to give themselves oral sex as how to give a partner oral sex. My other favourite, which you would probably also put in the weird or one-off category — but I don't think it is — is that the top search in India starting "My husband wants" is "My husband wants me to breast-feed him." It points to this idea that there are facts about hu-

man nature we didn't know. There seems to be a somewhat widespread interest in adult men being breastfed in India. It hadn't been picked up by any of the usual data sources and it isn't talked about. Well, why India? What causes this to be so much higher in India and nowhere else?

Is this (research technique) going to change the way we look at elections? (Searches containing racial slurs were strongly associated with areas that unexpectedly went for Trump, such as Michigan and western Pennsylvania). Surveys are getting worse and worse. The response rate is now under 10 per cent. Internet data is getting better and better. In a couple of election cycles, we're not going to be using surveys anymore. But (with election predictions), we're just going to predict an event that's going to happen in three weeks. The attention (on elections) is so enormous relative to its importance.

What are you looking for in the data now? I'm researching anxiety. I've become obsessed with it, because there are lot of things in the data that are really, really surprising. I'll give you one example: When Trump was running for president, he was saying a lot of scary things. Pretty much all my friends and family members and liberal people said they're terrified. Now, if you look at the data in parts of the United States that are really liberal, you don't see an uptick in searches for panic attacks or anxiety or anything like that.

(Maybe) people don't Google anxiety about Trump, even if they're really anxious. I'd be really surprised by that. The second possibility is people have a fixed amount of anxiety — they would have been anxious about their jobs or their kids, but now they're anxious about Trump. That would be a revolutionary change in how we think about anxiety. The third possibility is that people exaggerate how anxious they are about Trump because it's politically correct, when they tend to actually be much more anxious about their own personal situation. But you don't bother your friends with that. You sound like a good person if you're anxious about Trump.

One of your oddest findings is that people often type confessions like "I'm drunk"

into Google. What could they possibly be hoping to find? It's very strange. It's a little bit like the confessional in Catholicism. It is a widespread use of Google to type complete sentences into the search engine. You (may) get message boards where people are feel-

ing similarly, so you feel less lonely. If you type, "I hate my boss," you might get message boards of people complaining about their bosses. If you type, "I'm sad," you get message boards of people who are also sad and you realize, "Oh, I'm not alone."



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HEALTH, MIND AND BODY

Reduce stress with mindfulness

Since 1950 the amount of women participating in the Canadian labour market has increased drastically from about 21 per cent to 82 per cent, reports a 2015 Labour Force Survey by Statistics Canada. And working individuals encounter unique stress factors that, says one psychologist, can be reduced using a technique called mindfulness.

"I think a lot of times women are trained to be highly attuned to others, accept what is expected of them and deliver without thought of the cost," says Dr. Kimberly Sogge, a registered doctoral trained psychologist and owner of Sogge and Associates, which provides patient-centred psychological services for health and performance. "At certain levels of challenge that leads to emotional and mental depletion and breakdown."

With Buddhist roots, mindfulness is the psychological process of bringing one's attention to the internal and external experiences occurring in the present moment, which can be developed through the practice of medita-

tion and other training. In psychology, it is most often associated with Jon Kabat-Zinn, who, in 1979, adapted the teachings on mindfulness and developed the Stress Reduction and Relaxation program at the University of Massachusetts Medical School. He then founded the Center for Mindfulness in Medicine, Health Care, and Society at the University.

Among Sogge's services are classes that deal with mindfulness-based stress reduction. She says the practice can be employed in a range of stressful work scenarios, such as your boss asking you to do something with 10 minutes left in your day. "In a situation like this, mindfulness helps you connect with the present moment, be aware that it is the end of the day and how your mind interprets that, and notice the patterns that arise in the body," Sogge says. "Essentially, mindfulness teaches the spaciousness needed to select the best resources in ourselves, reducing the stress."

While the basics of mindfulness can be learned through apps and online readings,



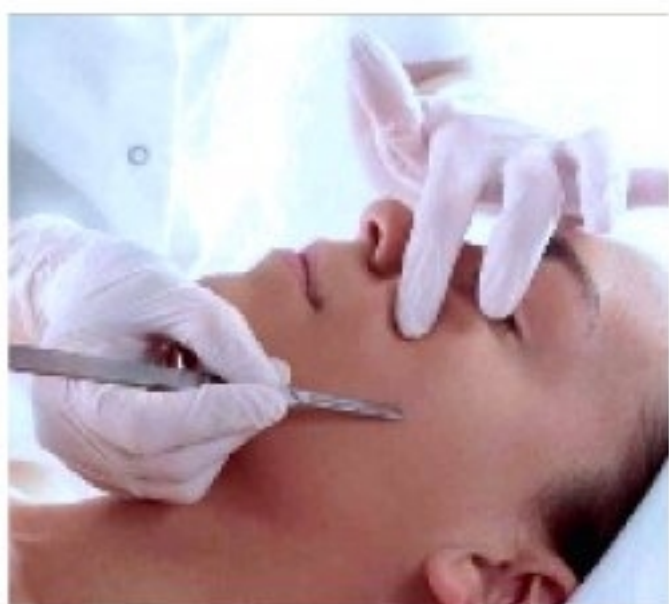
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Sogge suggests finding a teacher because, she says, after an introduction, a person will come across barriers that may cause discouragement, preventing a deeper level of the practice and its benefits. Additionally, she says, individuals who encounter work stress must become fearless with their personal time to prevent mental

health issues.

"I commonly hear, 'I have too many demands from others to take time for myself,'" she says. "We need to turn that on its head and look at creating time for ourselves as an act of generosity to others — and be unapologetic about it."

- ISABELA SZYDLO



ISTOCK

A safe and effective way to revitalize facial skin

Dermaplaning is a method of exfoliation that uses a 10-gauge scalpel to gently scrape off the top layer of dulling dead skin cells in order to reveal a smoother, brighter complexion.

"Dermaplaning removes all the dead skin cells and also the facial hair, leaving the surface very smooth," says Jenny Zinck, owner of Uptown Salon and Spa in Halifax.

The process also allows for greater penetration of skincare products and creates a flawless canvas for makeup to glide

on smoothly, says Zinck. "Our Estheticians often use dermaplaning to help prepare skin for more intrusive procedures such as chemical peels."

First, the aesthetician will cleanse and thoroughly dry your skin. Next, she'll pull an area of your skin taut with one hand, and hold a sterile 10-gauge blade at a 45 degree angle in the other hand and use short, swift strokes to scrape off dead skin cells and peach fuzz.

"Dermaplaning is a safe and painless

procedure with no harsh chemicals, comparable to the sensation of shaving your legs, but in this case, it's on your face," says Zinck.

There are no side effects and zero downtime, says Zinck. "After the treatment, your skin will be highly sensitive to sun exposure and may already look very pink, so be sure to wear a broad-spectrum sunscreen with SPF 30 or higher. You'll immediately look more radiant with a more even skin tone, texture and softness."

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Radiant
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- Remove surface debris.
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N.S. sees first Certified Sports Massage Therapist

Suzanne Moroney is a Registered Massage Therapist (RMT) and owner of Coastal Sports & Wellness — a multidisciplinary clinic located in Bedford. Recently she added another title to her resume: Certified Sports Massage Therapist. In fact, Moroney is the first Certified Sports Massage Therapist in Nova Scotia and one of only two in Atlantic Canada.

The Certified Sports Massage Therapist certification is a rigorous process, requiring candidates to complete 500 hours of on-site volunteer work, including participation with contact and non-contact teams, sport specific outreaches and events. It also requires massage therapists to work with at least three different sports and organize medical/SMT participation at events. In addition, massage therapists must have their Sport First Responder certification and 500 hours of clinical experience as a RMT.

For Moroney, the certification process took eight years. She says it will go a long way to helping her clients.

"Sports massage isn't just for serious ath-



ISTOCK

letes. It can really provide a lot of help for the general public as well."

In addition to massage therapy, Coastal Sports & Wellness offers a full range of health and rehabilitation services including physiotherapy, chiropractic, acupuncture, dietitian, occupational therapy, osteopathy, reflexology and personal training.

Along with the Bedford location at 15 Dartmouth Rd., the clinic recently opened a second location at Mount Saint Vincent University. If you'd like to book an appointment with Moroney, RMT, SMT(C) call (902) 404-8034 or visit coastalsportsandwellness.com

Learn to move your body in a safe way at personal training clinic

Physical fitness is powerful medicine. That's something that the staff at MacDonald & Woods Personal Training Rehab Clinic understands well.

The Dartmouth wellness and rehabilitation clinic specializes in helping people who find exercising difficult or painful because of a chronic condition or health challenge.

"We work with clients with Parkinson's, with osteoarthritis, with degenerative disk or joint problems," says MacDonald & Woods manager Liz Burton. "Some are recovering from cancer treatments or other illnesses. Some are dealing with chronic pain issues that make it difficult for them to exercise under normal circumstances."

Burton says that many of the clients who take advantage of the clinic are not typically people who frequent regular gyms or personal trainers. "Many of our clients wouldn't really gain from going to a regular fitness club," she says. "Their health issues would be a limiting factor."

Burton and other trainers at the clinic are certified exercise therapy trainers who know how to move the body in safe ways. "Part of what we do is pain management," she says. "Clients who are experiencing chronic pain



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benefit from movement and carefully controlled exercise. We can also help with weight loss and other issues."

On June 2 from 11 a.m. to 3 p.m., MacDonald and Woods Personal Training Clinic will celebrate the grand opening of their 133 Baker Dr. location. Cake and refreshments will be served. Jack FM will be on hand along with Cape Breton Paralympian Pamela LeJean.

Coastal Sports & Wellness

Much more than just a Physiotherapy, Chiropractic and Massage Therapy Clinic.

Come in for:

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Osteopathy	NeuroKinetic Therapy
Acupuncture	Personal Training
Traditional Chinese Medicine	Cupping
Registered Dietitian	Dry Needling
Occupational Therapy	



Suzanne Moroney RMT, SMT(C)
Sports Massage Therapist (C)
Clinic Owner

Congratulations

Suzanne Moroney
on becoming the first
Certified Sports
Massage Therapist in
Nova Scotia.

Bedford Location

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Bedford

902.404.8034

coastalsportsandwellness.com

MSVU Location

Asst. Building, 2nd Floor
166 Bedford Highway

GRAND OPENING

JUNE 2 • 11AM to 3PM

Baker Drive Health & Wellness Centre
133 Baker Drive, Dartmouth

Special Guest: Pamela LeJean, Paralympian

Join us for: Fun, Food and lots of Prizes & Giveaways!

Learn about: Our fitness services & programs designed for those recovering from illness or injury.

MacDonald & Woods
Personal Training Rehab Clinic

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Women's cardio-kickboxing delivers knockout punch

THE FIRST TIME THE TRAINER TOLD ME TO IMAGINE I WAS KICKING A DOOR DOWN I THOUGHT, 'THIS WORKOUT IS FOR ME!'

— Karen Ruggles

Halifax welcomed its third 30 Minute Hit location last November, and women have been knocking down the doors to try it out.

30 Minute Hit is a women-only cardio-kickboxing circuit that packs cardio, muscle building, core strengthening and self-defence training in one all-out high intensity interval training session.

30 Minute Hit is a 13 station circuit where members spend two minutes at each station kicking, punching or building their core. It's no contact, members work on their own at each station; there are no class times — members just show up when they want to work out — and there's a trainer on the floor at all times to provide technique coaching

and encouragement, so it's just like having a personal trainer but at a fraction of the cost.

Halifax Hit owner, Danika Bertelli, says many women may feel intimidated walking into a gym or trying kickboxing, but 30 Minute Hit isn't like any other gym.

"This is a place for women, ALL women," she says. "All the owners started off as members, and we understand exactly what it's like to start something new, overcome a serious illness or injury, or try to get fit after having kids."

Owners of 30 Minute Hit Dartmouth, Michelle and Karen Ruggles, agree, "We're business owners and mothers," says Michelle. "So we get how important it is for women to have a fast, efficient and effective workout that fits into their day."

Each 30 Minute Hit owner points out the workout is for everyone, and can be adapted for almost any injury or illness. In fact, 30 Minute Hit Bedford owner, Rachael Woods, started Hitting just after she finished her first treatment for breast cancer in 2015.

A friend introduced her to the circuit at



CONTRIBUTED

the Halifax Hit, and now two years and two treatments for breast cancer later, she's telling everyone who walks through her door that no matter their fitness level, Hit works.

"Hit saved me," says Woods. "I did it all through my second treatment and it meant I

recovered so much faster this time around. Plus, I have a lot of injuries from my triathlon years, so Hit gives me the core and back strength I need to keep walking!"

30 Minute Hit has three locations in Bedford, Dartmouth and Halifax.



30 MINUTE HIT

A fast-paced, high-intensity kickboxing circuit designed just for women.

- Non-intimidating & empowering women-only environment
 - Fast, effective & efficient—burn up to 500 calories and get the results you want in just 30 minutes
 - No class times with unlimited training
- Gloves & Hand Wraps included with ALL memberships
 - One membership, three locations

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Offering mindful and creative movement fitness programs

Studio in Essence offers foundational classes for those looking to start their fitness journey. Body positivity and enthusiasm are the backbone of their practice.

Pilates, include reformer pilates, is the core of their fitness method that focuses on unlocking the body's potential. Reformer is a no-impact workout that exerts little force on your joints. It's a great tool for recovering from injury and strengthening the muscles around joints to keep them strong and injury-free.

"Reformer is focused on alignment and accurate muscle engagement, which can lead to improved posture, better balance and more stability, especially when in motion," says Studio in Essence owner Christy Sanford. "Like other styles of pilates, reformer is a phenomenal workout for your body's 'powerhouse' — your abs, lower back, hips and glutes."

The team at Studio in Essence takes pride in their small class sizes, which allow for a better connection between student and teacher. In the last 12 years, their downtown Halifax location has grown from a single room pilates studio to a multi-room powerhouse of pole fitness, aerial circus as well as the core pilates classes.



CONTRIBUTED

Studio in Essence also offers the GYRO-TONIC® Method, a movement method which is designed to take a body beyond its current limitations. "Each movement flows into the next, allowing the joints to move through a natural range of motion without jarring or compression," says Sanford — "carefully crafted sequences create balance, efficiency, strength and flexibility." The GYROTONIC Method is offered in private sessions from a qualified GYROTONIC trainer.



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Emergency department staff with Dr. (Joe) Yousif Gadir, Stacey Chapman, Foundation Director and Lori Sanderson, Manager of the Cobequid Emergency Department. CONTRIBUTED

Emergency triage project launched at Cobequid

The Cobequid Community Health Centre's Emergency Department was originally designed to serve around 20,000 patients annually but last year it served more than twice that many.

"We didn't foresee the growth within the communities the health centre serves," says Stacey Chapman, the director of the Cobequid Health Centre Foundation.

The result is that wait times at Cobequid's Emergency Room — although still some of the best in the city — have increased over the last few years.

To help decrease wait times and make things run more efficiently, the Cobequid Foundation has launched the Emergency Triage Project, a fundraising initiative that plans to raise \$400,000 to make major improvements to the triage area at the Cobequid Centre's emergency department. "Improving the efficiency of the triage area increases the emergency department efficiency," says Chapman.

The Emergency Triage Project has already funded a glass barrier in the triage area to reduce the spread of infections and provide privacy to patients. It also allows triage

nurses to maintain a line of sight to patients in the waiting area — a vital safety measure for triage. Other improvements include doubling the number of registration and triage stations, providing another patient washroom, a private sample station washroom and individual triage seating to reduce infection spread.

"We've already had an excellent response," says Chapman. "People in the community are very glad to have an emergency department so close to home and they're happy to support it."

To make a donation to this project visit cobequidfoundation.ca.



Help us take care of those closest to you...

Working Together for Better Health Care

DONATE TODAY TO HELP OUR EMERGENCY DEPARTMENT

The Cobequid Emergency Department was built to serve 20,000 patients annually - now serving over 41,000 per year. We need your help to invest in our Emergency Department to **expand triage, increase infection control** and ensure we have the **equipment needed**.



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Lower Sackville

Donate online: cobequidfoundation.ca or call 902-869-6111

Quebec fullback/forward Josee Belanger, who helped Canada to bronze at the Rio Olympics, has announced her retirement from soccer

Preds can't keep pace with Penguins

2017 NHL PLAYOFFS
STANLEY CUP FINAL

Normally defensive Nashville fail in game of goals

Jake Guentzel helped the Pittsburgh Penguins avoid a humiliating defeat in Game 1 of the Stanley Cup final.

Guentzel broke a 3-3 tie with just over three minutes left in regulation as the Penguins hung on to beat the Nashville Predators 5-3 on Monday night. Pittsburgh had a 3-0 first-period lead completely unravel and failed to generate a single shot for about 37 minutes, including zero in the second period.

Sidney Crosby had two assists, Nick Bonino scored a pair and Evgeni Malkin found the back of the net as the Pens grabbed a 1-0 series lead. Connor Sheary also landed his first goal of the playoffs and Matt Murray made 23 saves.

Pekka Rinne was shaky in yielding four goals on only 11 shots for the Predators.

Ryan Ellis, Colton Sissons and Frederik Gaudreau scored for Nashville, their comeback attempt falling short in the first Stanley Cup final game in franchise history.

Mike Fisher was the only Pred with any experience in the final



Penguins centre Evgeni Malkin celebrates his game-opening goal during the first period of Game 1 of the Stanley Cup final on Monday night in Pittsburgh. BRUCE BENNETT/GETTY IMAGES

GAME 1 In Pittsburgh



previously, but it was Nashville that looked at home early.

They even appeared to score first when P.K. Subban drove a blast past Murray less than seven minutes in. The former Cana-

diens defenceman broke into an exuberant celebration after the apparent goal, but his excitement was dulled when Penguins head coach Mike Sullivan challenged the play as offside.

After a lengthy review, which saw officials huddled over an iPad at centre-ice, the goal was called back with Filip Forsberg deemed to have entered the zone early.

Dulled in their attack to that point, the Pens started to pick it up after the favourable decision and with just over six minutes left in the period, gained a full two-minute five-on-three advantage. Calle Jarnkrok drew the first whistle for interference

and James Neal added the second with a needless cross-check on Trevor Daley.

Traded from Pittsburgh to Nashville for Patric Hornqvist (who drew the Jarnkrok penalty) in June 2014, Neal was booed when he was introduced before the game and grinned in response.

Malkin made him and the Preds pay with a one-time blast from the point — his eighth goal and 25th point of the playoffs. He was helped by Guentzel's presence in front and Crosby, who got the play started by blocking Matias Ekholm's clearing attempt.

THE CANADIAN PRESS

GOLF

Tiger says meds led to DUI charge

Tiger Woods attributed an "unexpected reaction" to prescription medicine for his arrest on a DUI charge that landed him in a Florida jail Monday for nearly four hours.

Woods, the 14-time major champion who had back surgery five weeks ago, was arrested on suspicion of DUI at about 3 a.m. Monday and taken to Palm Beach County jail. He was released on his own recognizance.

Jupiter Police spokeswoman Kristin Rightler said she did not



Tiger Woods
GETTY IMAGES

have additional details about the circumstances leading to Woods' arrest, nor did she have any information about whether the arrest

involved drugs or alcohol.

THE ASSOCIATED PRESS

IN BRIEF

Bettman still opposed to NHLers at Olympic Games

Gary Bettman shovelled a little more dirt on NHLers playing at the Olympics.

Speaking before Game 1 of the Stanley Cup final in his annual state of the union address, the NHL commissioner said nothing had changed with regard to the Pyeongchang Games since a firm announcement last month that the league would not attend.

THE CANADIAN PRESS

Raonic through in Paris

Fifth-seeded Milos Raonic is safely through to the second round of the French Open after sweeping past Steve Darcis in straight sets Monday.

The Canadian took just 92 minutes to beat the 38th-ranked Darcis 6-3, 6-4, 6-2.

THE CANADIAN PRESS

Huddersfield makes historic Premier League ascent

Huddersfield Town will play in England's top division for the first time in 45 years after beating Reading 4-3 in a penalty shootout on Monday in the League Championship playoff final, world soccer's richest single game worth a minimum \$220 million US.

THE ASSOCIATED PRESS

Whitton in coma after KO

Journeyman boxer David Whitton was in an induced coma at Saint John Regional Hospital Monday following surgery to treat brain bleeding after a knockout loss. Whitton (12-24-1), a Saint Quentin, N.B., native was knocked out in the 10th round of a bout for the Canadian cruiserweight title against Gary Kopas (8-11-2) of Saskatoon in Fredericton on Saturday. THE CANADIAN PRESS

Stephen McNeil doesn't think there's a crisis in health care.

But what else do you call it when 106,000 people don't have a doctor, ERs are overcrowded, and mental health wait times are up?

"The NDP recognizes a crisis when we see one. Together we can address the crisis in health care."

~ Gary Burrill



ON MAY 30, VOTE TO FIX HEALTH CARE. VOTE GARY BURRILL AND THE NDP.

AUTHORIZED BY THE OFFICIAL AGENT FOR NSNDP

MAKE IT TONIGHT

Zesty Apple Cheese and Bacon Frittata



PHOTO: MAYA VISNIE

Ceri Marsh & Laura Keogh
For Metro Canada

You could make this easy, healthy egg dish for dinner and still have some leftovers to take to work tomorrow.

Ready in 35 minutes

Prep time: 15 minutes
Cook time: 20 minutes
Serves 6

Ingredients

- 4 strips of bacon
- 8 eggs
- 1 cup grated cheddar cheese
- 1/3 cup grated Parmesan cheese
- 1 Tbsp butter
- 1 apple, peeled, cored and thinly sliced

Directions

1. Preheat oven to 450 F.
2. In large, oven-safe skillet, sauté

the bacon until crisp. Turn off heat. Place bacon on paper towel to drain and wipe skillet with another piece of paper towel.

3. Meanwhile, in a large bowl, whisk eggs. Add half of both cheeses to eggs and whisk again.

4. Place skillet back over medium heat and add butter. Swirl that around the pan. Pour in eggs. Cook until edges begin to set. Crumble bacon and sprinkle on eggs. Lay down slices of apple in a circular pattern. Sprinkle remaining cheese on top.

5. Place in oven 15 to 20 minutes, until top is puffy and just lightly set. Remove carefully and allow to cool for a couple of minutes before slicing.

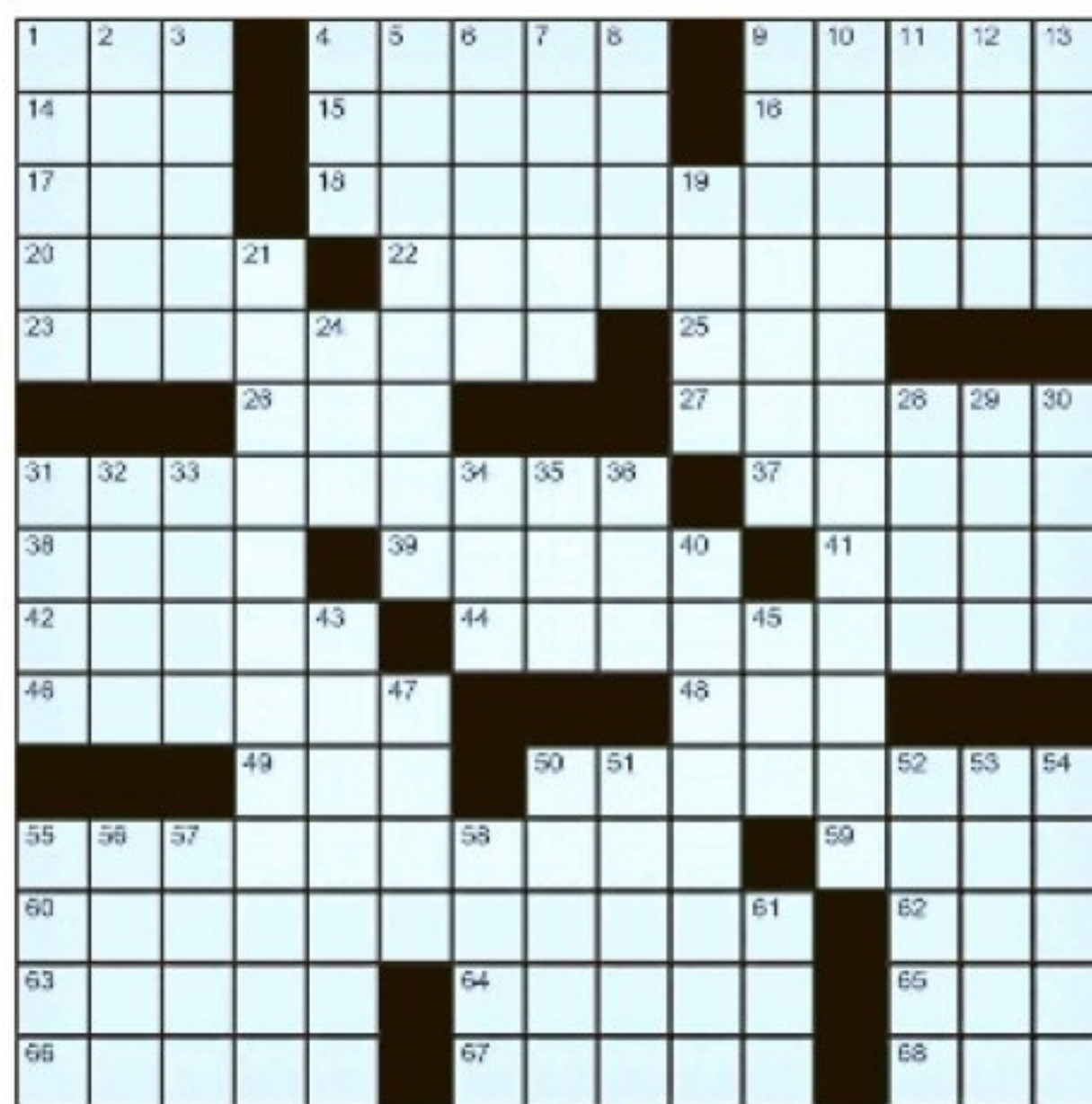
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Foodstuff on the farm
4. After: French
9. Abandon
14. Here, in Spanish
15. "Super, soprano!"
16. Doggy
17. Guffaw
18. The city of Courtenay's area on Vancouver Island: 2 wds.
20. Plummet
22. Work at the drive-thru in a way: 2 wds.
23. "The Guns of..." (1961)
25. Fire dept. ranks
26. As written
27. Ground sesame paste
31. National Park in Newfoundland which is a UNESCO World Heritage Site: 2 wds.
37. Slangy negatives
38. Military helper
39. River, British Columbia
41. Man, in Rome
42. Canadian pianist Mr. Gould
44. Food Network Canada celebrity baker: 2 wds.
46. Poseidon or Neptune: 2 wds.
48. "V" of VCR, for short
49. "Ranch" suffix
50. Lifted to a higher position: 2 wds.
55. Fought a little
59. Soaps actress Ms. Sofer
60. Subterfuge of ancient Greek legend: 2 wds.



DOWN

1. Joseph, "Father of the Symphony"
2. Honda model
3. Stand-up comic Mr. Smirnoff
4. The Jackson 5 hit
5. Diplomatic procedure
6. Sir Chandrasekhara Venkata (Nobel Prize in Physics, in 1930)
7. Call forth
8. Coburg-Gotha (Former royal house)
9. Austere
10. Style-for-sleeves currently on trend in menswear: 2 wds.
11. Function
12. Top-notch
13. Ed. (Gym class)
19. Electrical unit
21. Boeing 737, for one: 2 wds.
24. Cup's circle
28. Stock mkt. debuts for companies

29. Captain for Jules Verne
30. Glenn Frey's "The Heat..."
31. "Just for Laughs..." (Canuck fun TV show)
32. Irritate
33. Ancient concert sites
34. Narrow inlet
35. Bert Bobbsey's twin
36. "South" suffix
40. Harley...
43. Average temperatures
45. "..." for Outlaw (Sue Grafton novel)
47. "How ya...?" (Casual query)
50. Providence, Island
51. Eagle's cliff retreat
52. Glorify as a god
53. Loosen the laces
54. Vermicelli or Macaroni
55. Gibraltar, et al.
56. Fast food titan Ray
57. Des Moines' state
58. 1970s hairstyle
61. Conductor, Pekka Salonen

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an exciting day! Expect to meet new faces and see new places. You have lots of energy to go with the ever-changing flow today. Stay light on your feet!

Taurus April 21 - May 21
Trust your moneymaking ideas today, because you are truly inventive and imaginative. However, keep an eye on things because this is a fast-paced, quickly changing day. This might affect your cash flow.

Gemini May 22 - June 21
You are supercharged with energy today! You feel restless and impatient. Routine will bore you. Instead, go with your impulses so you can seek out new experiences.

Cancer June 22 - July 23
You will not be patient with restrictions today — oh, no! You want to break out of your sandbox and do your own thing! This is why you are quietly plotting change.

Leo July 24 - Aug. 23
Your interactions with friends and groups will be sudden and unpredictable today. You might join forces with someone to introduce reform and improvement to society or your community. Work for good!

Virgo Aug. 24 - Sept. 23
Your ambition is aroused today, which is why you might do something that surprises others. You're ready to go out on a limb to support your beliefs and your agenda.

Libra Sept. 24 - Oct. 23
Things are up in the air when it comes to travel. Travel plans might be cancelled or rescheduled. Alternatively, you suddenly might travel when you didn't expect to do so. Surprise news in the media also is likely.

Scorpio Oct. 24 - Nov. 22
You will defend your best interests regarding shared property, taxes, debt and inheritances today. It's possible that someone will challenge you.

Sagittarius Nov. 23 - Dec. 21
Relationships with partners and close friends are stimulating but unsettling today. People will do or say things that surprise you.

Capricorn Dec. 22 - Jan. 20
You want to break free from boring routines on the job today. Modern, high-tech equipment might be introduced to where you work. It's a high-energy day!

Aquarius Jan. 21 - Feb. 19
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social events suddenly might fall in your lap or, alternatively, be canceled. It's a crapshoot.

Pisces Feb. 20 - March 20
You have lots of energy to make changes for the better at home today. Some of you will rearrange your living room.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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5	7	1	2	4	9	3	8	6
3	2	8	5	1	6	9	7	4
6	8	4	9	5	1	7	2	3
2	9	5	8	7	3	6	4	1
1	3	7	4	6	2	8	9	5
7	5	3	1	8	4	2	6	9
8	6	2	3	9	5	4	1	7
4	1	9	6	2	7	5	3	8

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